

Bullworker Fitness Challenge

Pre-Holiday

Enhance Your Flexibility

Increase Your Strength



Relieve Your Tension

Improve Your Productivity

FREE Videos
www.bullworker.com/videos

BULLWORKER
Redefining Fitness®
SINCE 1962

60 Days to Fitness
and the Holidays

Congratulations for Choosing Bullworker

Bullworker Mission: Enhance quality of life through simple fitness.

Since 1962, Bullworker has been a leader in functional strength exercise resulting in stronger bodies with greater flexibility for a healthier and more active lifestyle.

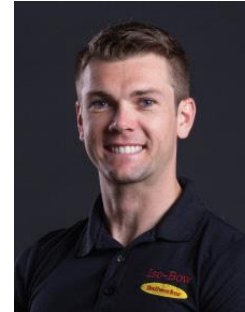
We believe you need flexibility, strength, and cardio exercises to be healthy and physically fit.

Bullworker products quickly give you all three with low impact and convenient product(s). Start to experience the benefits of Bullworker training by choosing one or a combination of our fitness disciplines and get ready for a rapid transformation to your body.

Thank you for choosing Bullworker!



Cheers,
John & Chrisman Hughes



Liability Waiver Disclaimer

Please review the following User Agreement carefully before using your Bullworker products.

Bullworker is not a licensed medical care provider and does not give medical advice.

You should always consult with your physician to ensure you are in good physical condition before starting any exercise program.

Use product only as shown.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Bullworker from any and all claims or causes of action, known or unknown.

Proper Use

Always start routines slow, easing into the amount of effort put forth.

The slower you move, the more muscle fibers you engage for better results.

Focus on Dynamic Flexation, slow purposeful movement with engaged muscles.

Concentrate on your muscles being used. The slower the better, you cannot go too slow.

Always maintain steady breathing, never hold your breath.

Always keep your core tight.

Rest muscle groups after heavy exercise for a minimum of 24 hours before engaging in heavy exercise again.

Optimum Bullworker Isometric Holds only require 60% - 80% of maximum effort for 7-10 seconds.

Stretching before and after help recovery and enhance your range of motion.

Keep joints in natural position during exercise. If pain develops, stop, proper exercise is not painful.

60 Day Pre-Holiday Fitness Challenge

Foundational Strength – 1 Set
Muscle Enhancement – 2 Sets
Peak Performance – 3 Sets

ISOMETRICS (STRENGTH BUILDING)

Static hold of 7 – 10 seconds using 60% – 80% of maximum effort.

ISO-MOTION® (MOVEMENT PERFORMANCE)

Maintain Isometric hold while moving through your body's natural full range of motion.

Contents

<u>Week 1</u>	<u>pg. 1</u>
<u>Day 1</u>	<u>pg. 2</u>
<u>Day 2</u>	<u>pg. 4</u>
<u>Day 3</u>	<u>pg. 5</u>
<u>Day 4</u>	<u>pg. 6</u>
<u>Day 5</u>	<u>pg. 9</u>
<u>Week 2</u>	<u>pg. 11</u>
<u>Day 1</u>	<u>pg. 12</u>
<u>Day 2</u>	<u>pg. 15</u>
<u>Day 3</u>	<u>pg. 17</u>
<u>Day 4</u>	<u>pg. 18</u>
<u>Day 5</u>	<u>pg. 20</u>
<u>Week 3-4</u>	<u>pg. 22</u>
<u>Day 1</u>	<u>pg. 23</u>
<u>Day 2</u>	<u>pg. 25</u>
<u>Day 3</u>	<u>pg. 28</u>
<u>Day 4</u>	<u>pg. 30</u>
<u>Day 5</u>	<u>pg. 33</u>

<u>Week 5-6</u>	<u>pg. 36</u>
<u>Day 1</u>	<u>pg. 37</u>
<u>Day 2</u>	<u>pg. 41</u>
<u>Day 3</u>	<u>pg. 45</u>
<u>Day 4</u>	<u>pg. 47</u>
<u>Day 5</u>	<u>pg. 51</u>
<u>Week 7-8</u>	<u>pg. 55</u>
<u>Day 1</u>	<u>pg. 56</u>
<u>Day 2</u>	<u>pg. 60</u>
<u>Day3</u>	<u>pg. 64</u>
<u>Day 4</u>	<u>pg. 66</u>
<u>Day 5</u>	<u>pg. 70</u>
<u>Week 9</u>	<u>pg. 74</u>
<u>Day 1</u>	<u>pg. 75</u>
<u>Day 2</u>	<u>pg. 77</u>
<u>Day 3</u>	<u>pg. 79</u>
<u>Day 4</u>	<u>pg. 81</u>
<u>Stretching Appendix</u>	<u>pg. 82</u>

Week 1

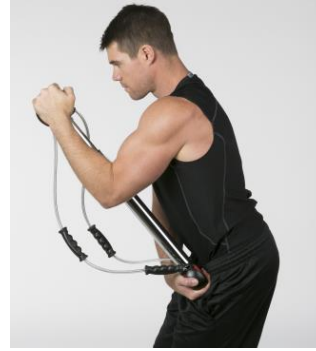
Isometric Hold - 7 Seconds
10 Isotonic Compressions

Day 1 (Upper Body)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.



Cable Spread w/ Iso-Motion

At chest height spread your Bullworker cables apart and maintain tension as you move from side to side.

Day 1 (Upper Body)



Triceps Push Down

Grab your Bullworker cable with your bottom hand palm down with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Biceps Curl w/ Iso-Motion

Hold your Bullworker vertically with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)



Iso-Motion w/ Iso-Bow

Keep your tension and move through your range of motion

Day 2 (Lower Body)



Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension). (Use Iso-Bow for extension).



Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

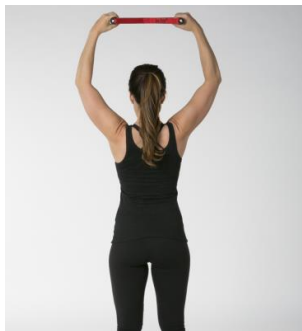


Hip Adductions

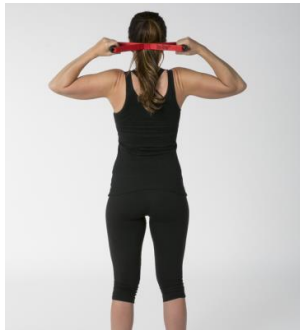
Place your handles in between your knees and compress.

Day 3: Stretching & Flexibility Training

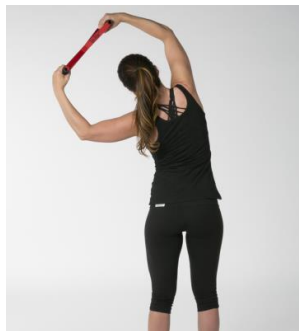
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



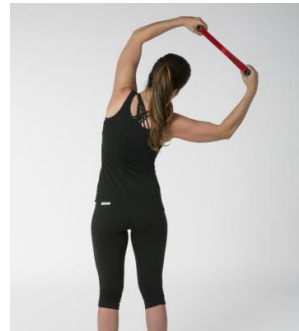
1. Overhead Reach



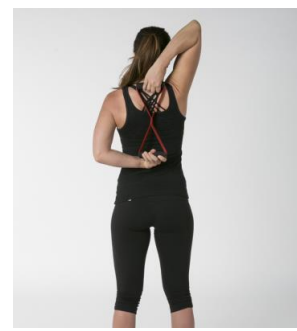
2. Behind Head



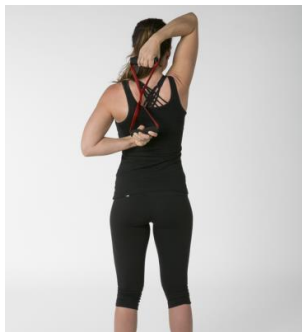
3. Overhead Left Side Reach



4. Overhead Right Side Reach



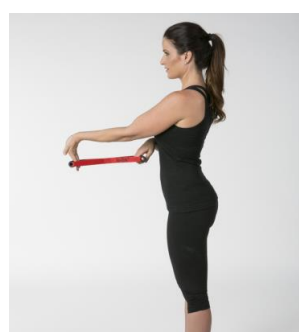
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Day 4 (Upper Body)



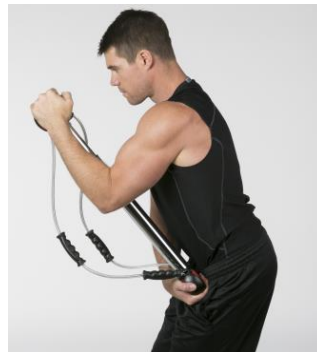
Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.



Cable Spread

At chest height spread your Bullworker cables apart.

Day 4 (Upper Body)



Overhead Compression

Hold your Bullworker over your head and compress.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



Biceps Cable Curl

Grab your Bullworker cables with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.

Day 4 (Upper Body)



Iso-Motion w/ Bullworker

Create your desired tension and move through your range of motion.

Day 5 (Lower Body)



Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension). Use Iso-Bow or Bow Extensions for added length. (Use Iso-Bow for extension).



One Leg Press (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg.



Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 5 (Lower Body)



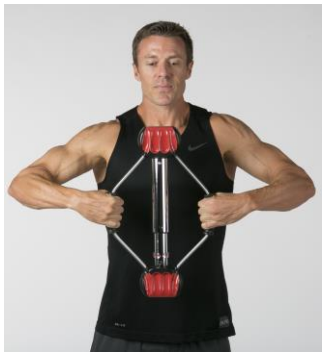
Hip Adductions

Place your handles in between your knees and compress.

Week 2

Isometric Hold - 7 Seconds
10 Isotonic Compressions

Day 1 (Upper Body)



Cable Spread

At chest height spread your Bullworker cables apart.



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Archer

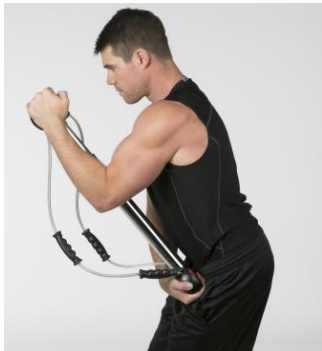
Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Chest Compression (Lower)

Compress your Bullworker at waist height.

Day 1 (Upper Body)



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.



Overhead Compression

Hold your Bullworker over your head and compress.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



Side Chest Compression (Both Sides)

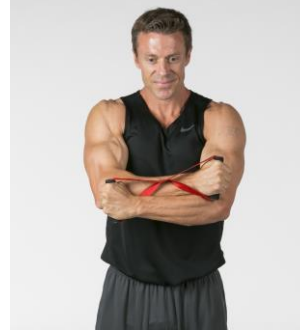
Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 1 (Upper Body)



Back Rows (Seated)

Place your feet securely in your Bullworker cable. Grab the opposite cable and row towards your chest (use Iso-Bow or Iso-Core for extension).



Iso-Bow Chest Squeeze

Cross your arms and squeeze



Chest Squeeze w/ Iso-Motion

Cross your arms and squeeze. Move in circles while maintaining tension.

Day 2 (Lower Body)



Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



One Leg Press (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg.



Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 2 (Lower Body)

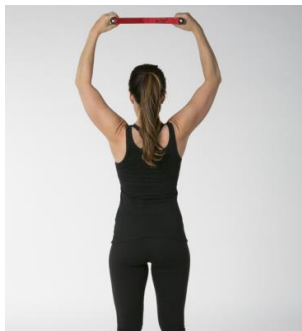


Hip Adductions

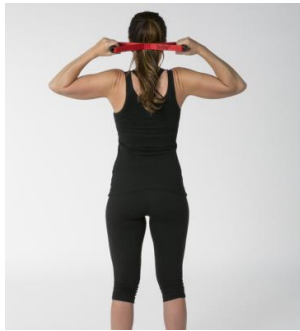
Place your handles in between your knees and compress.

Day 3: Stretching & Flexibility Training

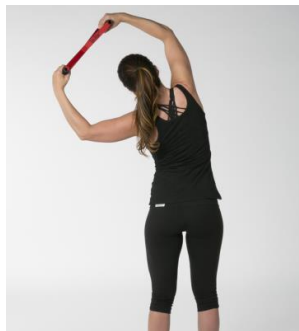
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



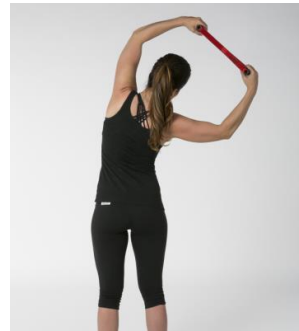
1. Overhead Reach



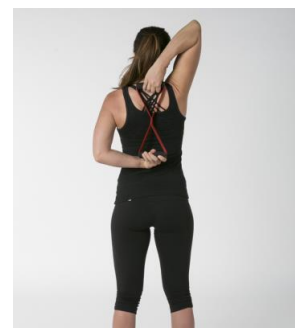
2. Behind Head



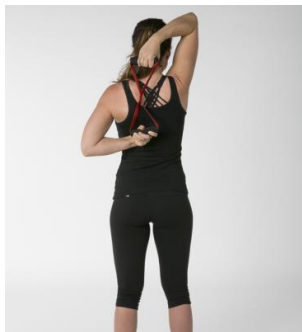
3. Overhead Left Side Reach



4. Overhead Right Side Reach



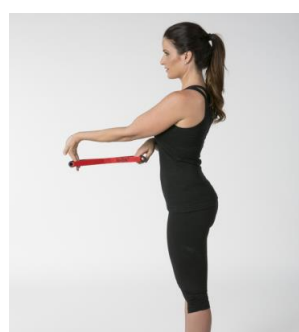
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



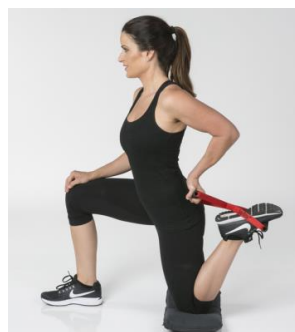
7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Day 4 (Arms)



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)



Triceps Push Down

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Iso-Bow Curl

Grab your Iso-Bow with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.

Day 4 (Arms)



Bullworker Extended Curl

Grab your Iso-Core/Bow Extensions and with your palms facing up and extend and contract only bending at your elbows (little to no shoulder movement).



Triceps Extension

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow, parallel to the ground. (little to no shoulder movement)

Day 5 (Lower Body)



Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 5 (Lower Body)



Hip Adductions

Place your handles in between your knees and compress.

Weeks 3-4

Isometric Hold - 7 Seconds

12 Isotonic Compressions

Day 1 (Chest, Triceps & Core)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Overhead Compression

Hold your Bullworker over your head and compress.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 1 (Chest, Triceps & Core)



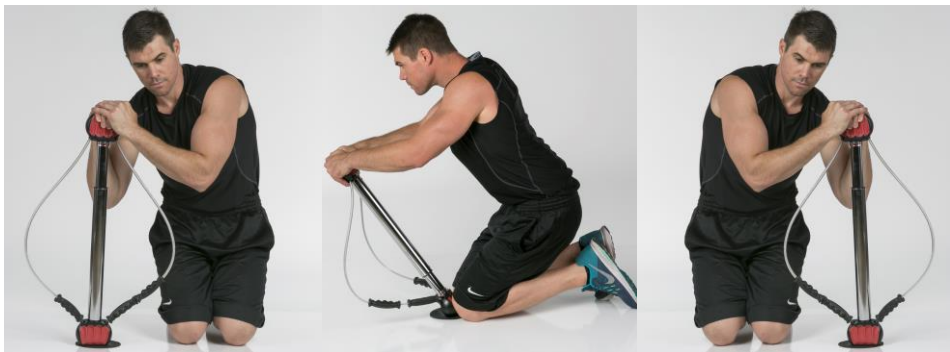
Triceps Push Down

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.



Resisted Crunch (Front and Both Sides)

Place your Bullworker securely on the non-slip pad in front of your knees or vertically a foot or two in front of your knees. Keep your back and arms straight and use your abs to compress.

Day 2 (Back, Biceps & Legs)



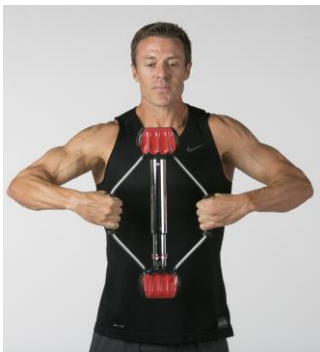
Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



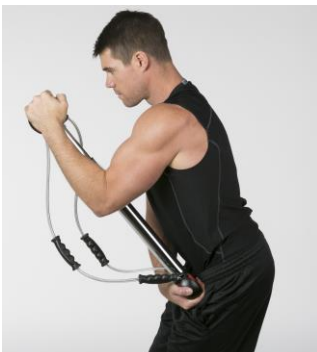
Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Cable Spread

At chest height spread your Bullworker cables apart.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.

Day 2 (Back, Biceps & Legs)



Archer

Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 2 (Back, Biceps & Legs)



Hip Adductions

Place your handles in between your knees and compress.



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

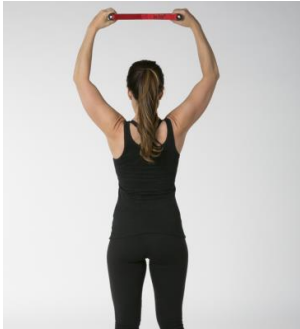


Biceps Cable Curl

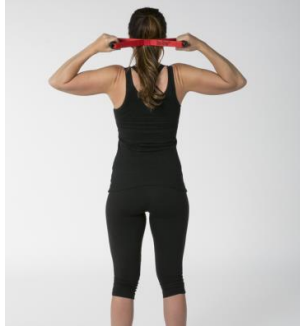
Grab your Bullworker cables with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).

Day 3: Stretching & Flexibility Training

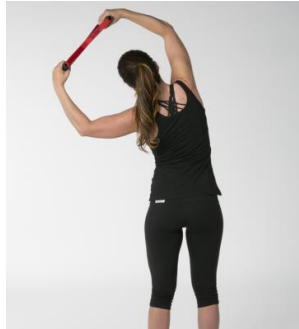
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



1. Overhead Reach



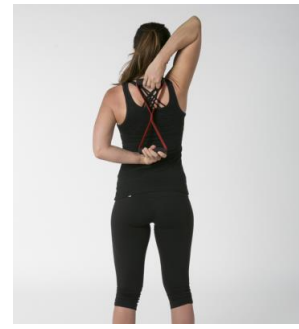
2. Behind Head



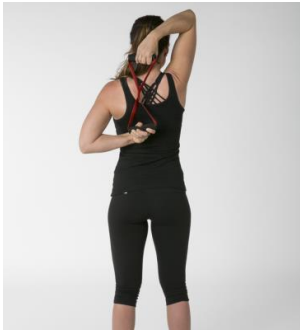
3. Overhead Left Side Reach



4. Overhead Right Side Reach



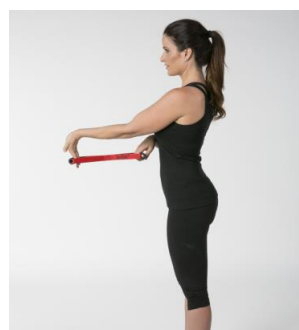
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Day 3: Stretching & Flexibility Training

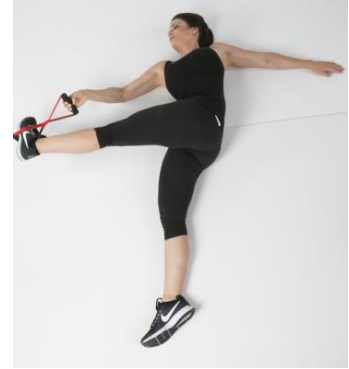
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



11. Lying Hamstring



12. Lying One Legged Split



13. Lying Cross Body
Leg Split

Day 4 (Chest, Shoulders, Triceps & Core)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Overhead Compression

Hold your Bullworker over your head and compress.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 4 (Chest, Shoulders, Triceps & Core)



Reverse Grip Chest Compression (Lower)

Grip your steel tubes with palms facing up and compress. Ensure your hand stays away from tube overlap to avoid being pinched. Always maintain full control.



Chest Squeeze w/ Iso-Motion

Cross your arms and squeeze. Move in circles while maintaining tension.



Deltoid Cable Spread (Lower)

Grip your Bullworker cable with your top hand palm down at or below waist height. Spread the cable using your top arm.



Deltoid Cable Spread

Grip your Bullworker cable with your top hand palm down. Spread the cable using your top arm.

Day 4 (Chest, Shoulders, Triceps & Core)



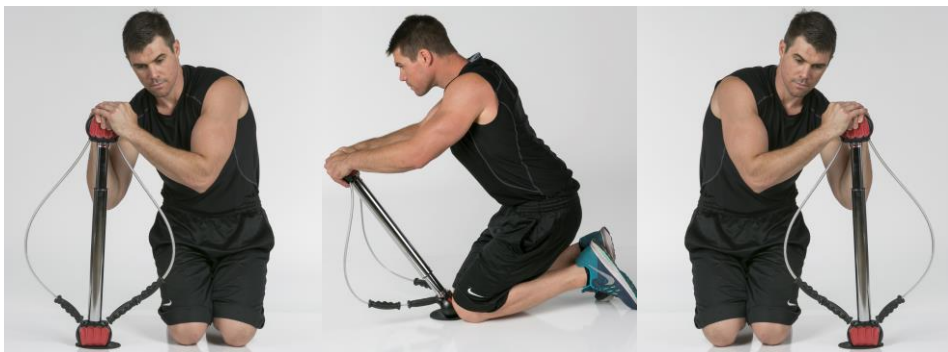
Triceps Push Down

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.



Resisted Crunch (Front and Both Sides)

Place your Bullworker securely on the non-slip pad in front of your knees or vertically a foot or two in front of your knees. Keep your back and arms straight and use your abs to compress.

Day 5 (Back, Biceps & Legs)



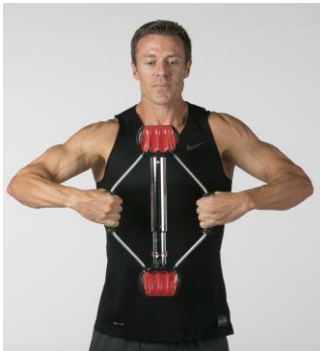
Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



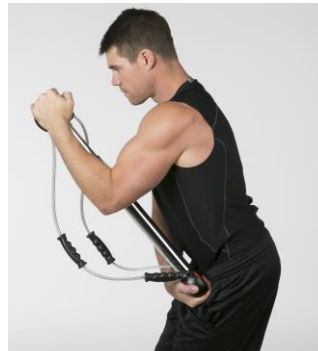
Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Cable Spread

At chest height spread your Bullworker cables apart.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.

Day 5 (Back, Biceps & Legs)



Archer

Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 5 (Back, Biceps & Legs)



Hip Adductions

Place your handles in between your knees and compress.



Back Rows (Seated)

Place your feet securely in your Bullworker cable. Grab the opposite cable and row towards your chest (use Iso-Bow or Iso-Core for extension).



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)



Biceps Cable Curl

Grab your Bullworker cables with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).

Weeks 5-6

Isometric Hold - 10 Seconds
20 Isotonic Compressions

Day 1 (Chest, Shoulders, Triceps & Core)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Overhead Compression

Hold your Bullworker over your head and compress.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 1 (Chest, Shoulders, Triceps & Core)



Reverse Grip Chest Compression (Lower)

Grip your steel tubes with palms facing up and compress. Ensure your hand stays away from tube overlap to avoid being pinched. Always maintain full control.



Chest Squeeze w/ Iso-Motion

Cross your arms and squeeze. Move in circles while maintaining tension.



Deltoid Cable Spread (Lower)

Grip your Bullworker cable with your top hand palm down at or below waist height. Spread the cable using your top arm.



Deltoid Cable Spread

Grip your Bullworker cable with your top hand palm down. Spread the cable using your top arm.

Day 1 (Chest, Shoulders, Triceps & Core)



Triceps Push Down

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.



Lower Ab Raise (Both Sides)

Place your Bullworker securely on the non-slip pad on your knee or thigh. Keep your back and arms straight and press your thigh up.

Day 1 (Chest, Shoulders, Triceps & Core)



Resisted Crunch (Front and Both Sides)

Place your Bullworker securely on the non-slip pad in front of your knees or vertically a foot or two in front of your knees. Keep your back and arms straight and use your abs to compress.

Day 2 (Back, Biceps & Legs)



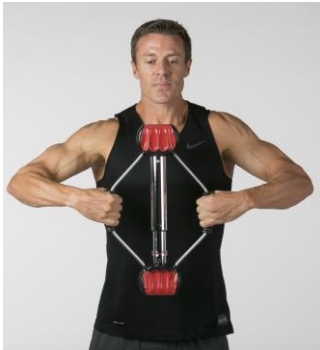
Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



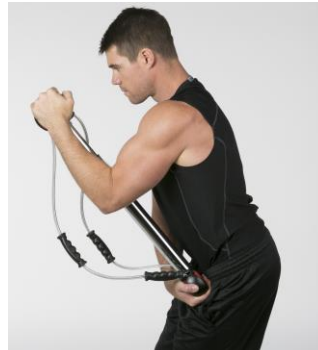
Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Cable Spread

At chest height spread your Bullworker cables apart.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.

Day 2 (Back, Biceps & Legs)



Archer

Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 2 (Back, Biceps & Legs)



Hip Adductions

Place your handles in between your knees and compress.



Bent Row (Both Sides)

Securely place one foot on your bottom cable. Grab the top cable, keep your back straight, bend over and row upwards.



Ground Deadlift

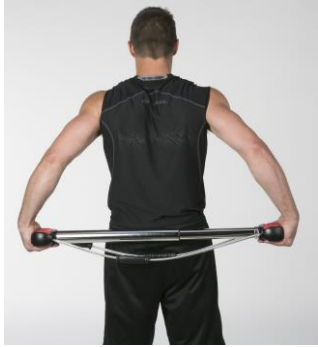
Place both feet securely on your bottom cables. Grab the top cable with both hands. Keep your back straight and knees slightly bent. Lean towards your feet and back.



Hammer Curl

Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Day 2 (Back, Biceps & Legs)



Behind Back Compression

Hold your Bullworker parallel to the ground behind your back at waist height and compress.



Biceps Cable Curl

Grab your Bullworker cables with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

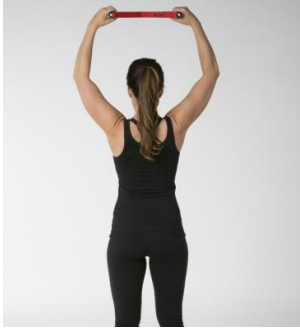


Hammer Curl

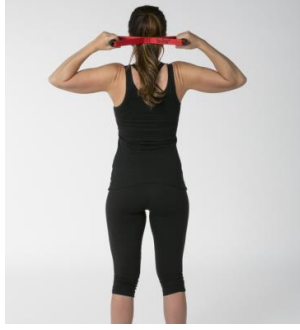
Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Day 3: Stretching & Flexibility Training

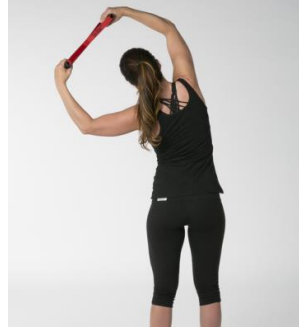
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



1. Overhead Reach



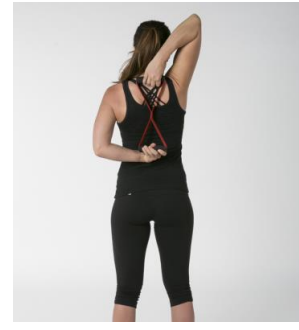
2. Behind Head



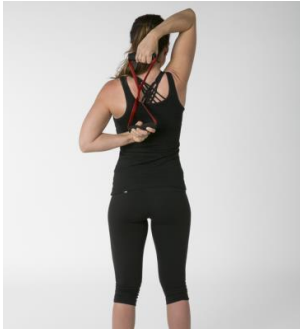
3. Overhead Left Side Reach



4. Overhead Right Side Reach



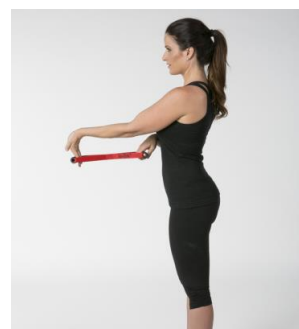
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Day 3: Stretching & Flexibility Training

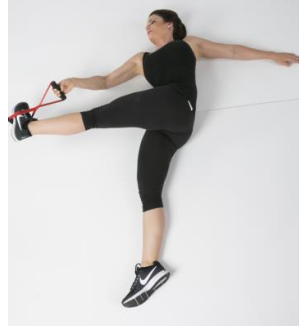
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



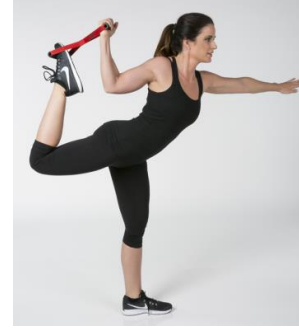
11. Lying Hamstring



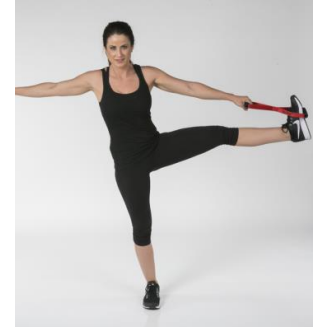
12. Lying Cross Body
Leg Split



13. Lying One Legged
Split



14. Standing Quadriceps
Lean



15. Standing One Legged
Split



16. Side Plank One Leg Split



17. Crescent Moon

Day 4 (Chest, Shoulders, Triceps & Core)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Overhead Compression

Hold your Bullworker over your head and compress.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 4 (Chest, Shoulders, Triceps & Core)



Reverse Grip Chest Compression (Lower)

Grip your steel tubes with palms facing up and compress. Ensure your hand stays away from tube overlap to avoid being pinched. Always maintain full control.



Chest Squeeze w/ Iso-Motion

Cross your arms and squeeze. Move in circles while maintaining tension.



Deltoid Cable Spread (Lower)

Grip your Bullworker cable with your top hand palm down at or below waist height. Spread the cable using your top arm.



Deltoid Cable Spread

Grip your Bullworker cable with your top hand palm down. Spread the cable using your top arm.

Day 4 (Chest, Shoulders, Triceps & Core)



Triceps Push Down

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.



Lower Ab Raise (Both Sides)

Place your Bullworker securely on the non-slip pad on your knee or thigh. Keep your back and arms straight and press your thigh up.

Day 4 (Chest, Shoulders, Triceps & Core)



Resisted Crunch (Front and Both Sides)

Place your Bullworker securely on the non-slip pad in front of your knees or vertically a foot or two in front of your knees. Keep your back and arms straight and use your abs to compress.

Day 5 (Back, Biceps & Legs)



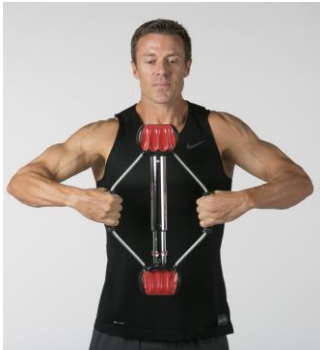
Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



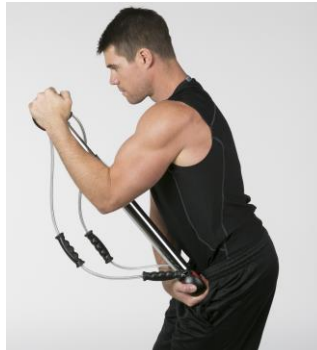
Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Cable Spread

At chest height spread your Bullworker cables apart.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.

Day 5 (Back, Biceps & Legs)



Archer

Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 5 (Back, Biceps & Legs)



Hip Adductions

Place your handles in between your knees and compress.



Bent Row (Both Sides)

Securely place one foot on your bottom cable. Grab the top cable, keep your back straight, bend over and row upwards.



Ground Deadlift

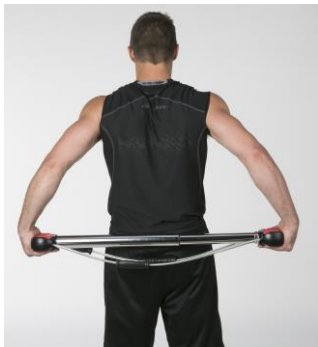
Place both feet securely on your bottom cables. Grab the top cable with both hands. Keep your back straight and knees slightly bent. Lean towards your feet and back.



Hammer Curl

Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Day 5 (Back, Biceps & Legs)



Behind Back Compression

Hold your Bullworker parallel to the ground behind your back at waist height and compress.



Biceps Cable Curl

Grab your Bullworker cables with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)



Hammer Curl

Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Weeks 7-8

Isometric Hold -10 Seconds
8 Isotonic Compressions

Day 1 (Chest, Shoulders, Triceps & Core)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Overhead Compression

Hold your Bullworker over your head and compress.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 1 (Chest, Shoulders, Triceps & Core)



Reverse Grip Chest Compression (Lower)

Grip your steel tubes with palms facing up and compress. Ensure your hand stays away from tube overlap to avoid being pinched. Always maintain full control.



Chest Squeeze w/ Iso-Motion

Cross your arms and squeeze. Move in circles while maintaining tension.



Deltoid Cable Spread (Lower)

Grip your Bullworker cable with your top hand palm down at or below waist height. Spread the cable using your top arm.



Deltoid Cable Spread

Grip your Bullworker cable with your top hand palm down. Spread the cable using your top arm.

Day 1 (Chest, Shoulders, Triceps & Core)



Upright Row

Securely place your foot on your bottom cable. Grab the top cable with both hands. Keep your back straight and row towards your shoulders. Use your Iso-Bow or Iso-Core/Bow Extensions for added range of motion



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.



Triceps Push Down

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Lower Ab Raise (Both Sides)

Place your foot securely on your bottom cable and other foot under the top cable. Raise your top foot.

Day 1 (Chest, Shoulders, Triceps & Core)



Resisted Crunch (Front and Both Sides)

Place your Bullworker securely on the non-slip pad in front of your knees or vertically a foot or two in front of your knees. Keep your back and arms straight and use your abs to compress.

Day 2 (Back, Biceps & Legs)



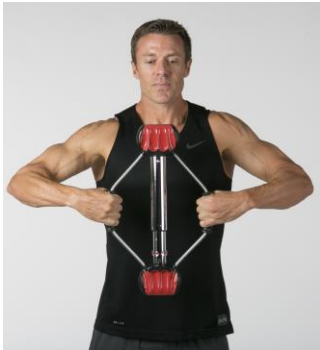
Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



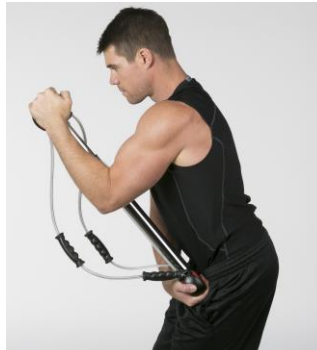
Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Cable Spread

At chest height spread your Bullworker cables apart.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.

Day 2 (Back, Biceps & Legs)



Archer

Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 2 (Back, Biceps & Legs)



Hip Adductions

Place your handles in between your knees and compress.



Seated Deadlift

Place your feet on your bottom cables. Grab the opposite cables and extend with a straight back.



Back Rows (Seated)

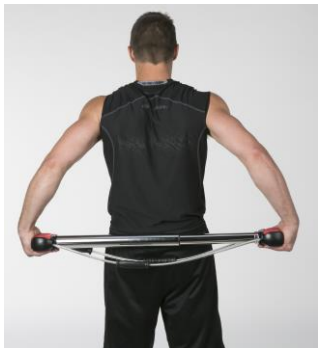
Place your feet securely in your Bullworker cable. Grab the opposite cable and row towards your chest (use Iso-Bow or Iso-Core for extension).



Hammer Curl

Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Day 2 (Back, Biceps & Legs)



Behind Back Compression

Hold your Bullworker parallel to the ground behind your back at waist height and compress.



Biceps Cable Curl

Grab your Bullworker cables with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

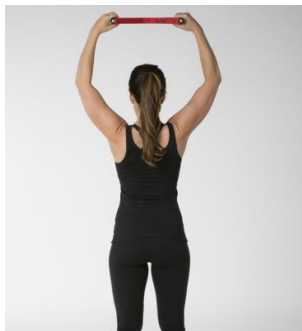


Hammer Curl

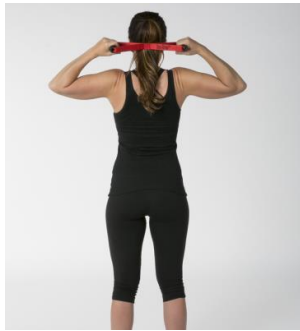
Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Day 3: Stretching & Flexibility Training

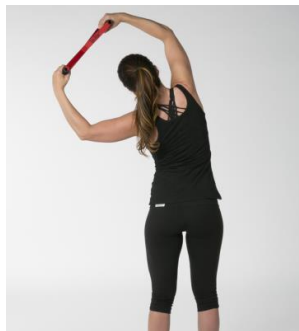
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



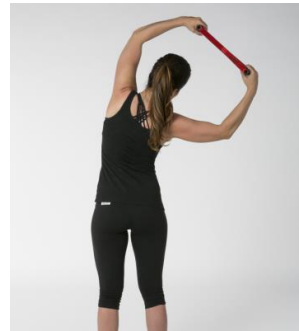
1. Overhead Reach



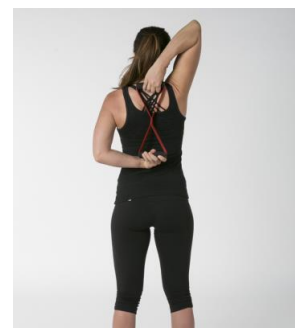
2. Behind Head



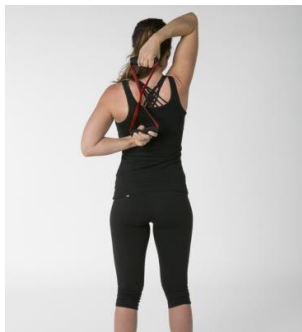
3. Overhead Left Side Reach



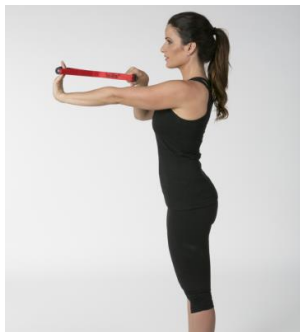
4. Overhead Right Side Reach



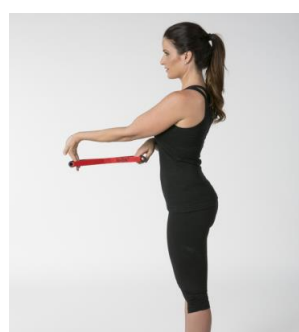
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Day 3: Stretching & Flexibility Training

Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



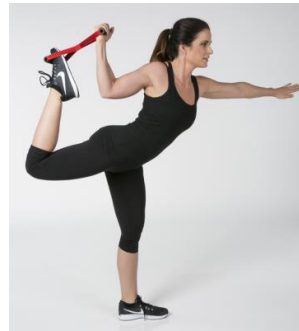
11. Lying Hamstring



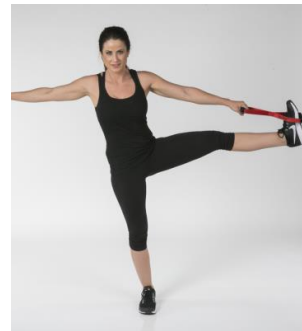
12. Lying Cross Body
Leg Split



13. Lying One Legged
Split



14. Standing Quadriceps
Lean



15. Standing One Legged
Split



16. Side Plank One Leg Split



17. Crescent Moon

Day 4 (Chest, Shoulders, Triceps & Core)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Overhead Compression

Hold your Bullworker over your head and compress.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 4 (Chest, Shoulders, Triceps & Core)



Reverse Grip Chest Compression (Lower)

Grip your steel tubes with palms facing up and compress. Ensure your hand stays away from tube overlap to avoid being pinched. Always maintain full control.



Chest Squeeze w/ Iso-Motion

Cross your arms and squeeze. Move in circles while maintaining tension.



Deltoid Cable Spread (Lower)

Grip your Bullworker cable with your top hand palm down at or below waist height. Spread the cable using your top arm.



Deltoid Cable Spread

Grip your Bullworker cable with your top hand palm down. Spread the cable using your top arm.

Day 4 (Chest, Shoulders, Triceps & Core)



Upright Row

Securely place your foot on your bottom cable. Grab the top cable with both hands. Keep your back straight and row towards your shoulders. Use your Iso-Bow or Iso-Core/Bow Extensions for added range of motion



Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.



Triceps Push Down

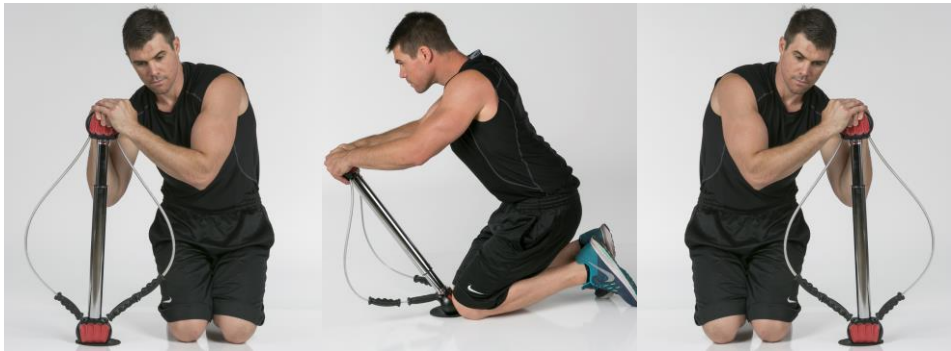
Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Lower Ab Raise (Both Sides)

Place your foot securely on your bottom cable and other foot under the top cable. Raise your top foot.

Day 4 (Chest, Shoulders, Triceps & Core)



Resisted Crunch (Front and Both Sides)

Place your Bullworker securely on the non-slip pad in front of your knees or vertically a foot or two in front of your knees. Keep your back and arms straight and use your abs to compress.

Day 5 (Back, Biceps & Legs)



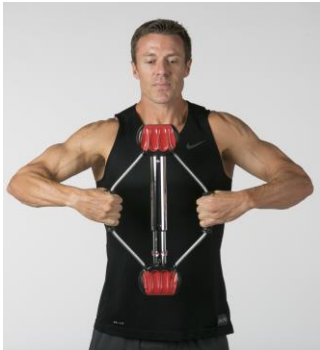
Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



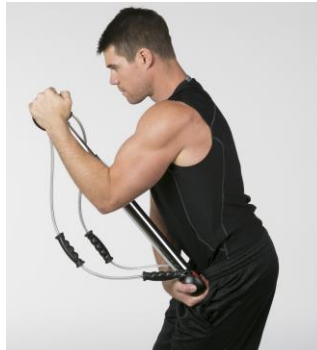
Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



Cable Spread

At chest height spread your Bullworker cables apart.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.

Day 5 (Back, Biceps & Legs)



Archer

Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Upper Back Behind Head Compression

Hold Bullworker horizontal/parallel to the ground behind your head and compress.



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 5 (Back, Biceps & Legs)



Hip Adductions

Place your handles in between your knees and compress.



Seated Deadlift

Place your feet on your bottom cables. Grab the opposite cables and extend with a straight back.



Back Rows (Seated)

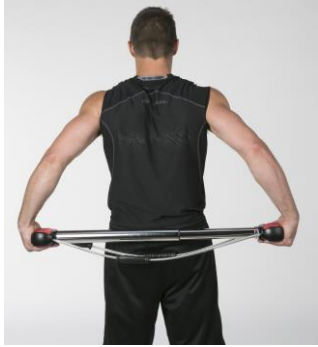
Place your feet securely in your Bullworker cable. Grab the opposite cable and row towards your chest (use Iso-Bow or Iso-Core for extension).



Hammer Curl

Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Day 5 (Back, Biceps & Legs)



Behind Back Compression

Hold your Bullworker parallel to the ground behind your back at waist height and compress.



Biceps Cable Curl

Grab your Bullworker cables with your top hand palm facing up and extend and contract your top arm only bending at your elbow (little to no shoulder movement).



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)



Hammer Curl

Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)

Week 9

Isometric Hold - 8 Seconds
15 Isotonic Compressions

Day 1 (Chest & Core)



Chest Compression

Ensure elbows are horizontal/parallel to the ground and compress



Chest Compression (Lower)

Compress your Bullworker at waist height.



Overhead Compression

Hold your Bullworker over your head and compress.



Side Chest Compression (Both Sides)

Extend one arm with your Bullworker parallel to the ground and press with opposite arm.

Day 1 (Chest & Core)



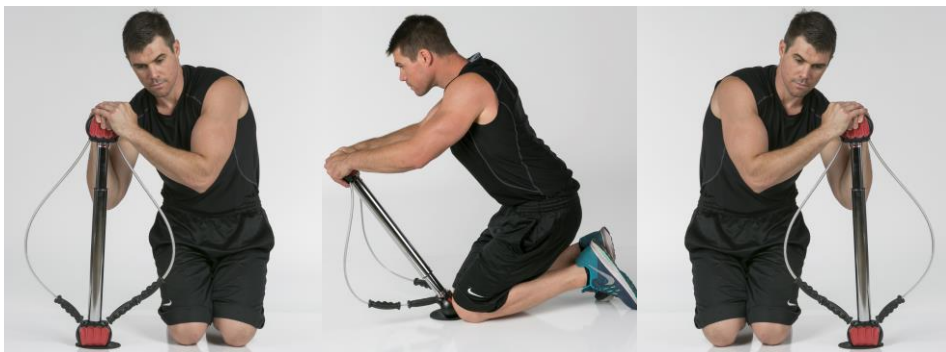
Reverse Grip Chest Compression (Lower)

Grip your steel tubes with palms facing up and compress. Ensure your hand stays away from tube overlap to avoid being pinched. Always maintain full control.



Chest Squeeze w/ Iso-Motion

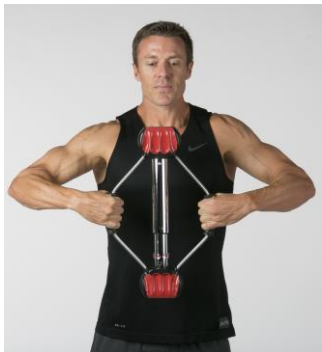
Cross your arms and squeeze. Move in circles while maintaining tension.



Resisted Crunch (Front and Both Sides)

Place your Bullworker securely on the non-slip pad in front of your knees or vertically a foot or two in front of your knees. Keep your back and arms straight and use your abs to compress.

Day 2 (Back)



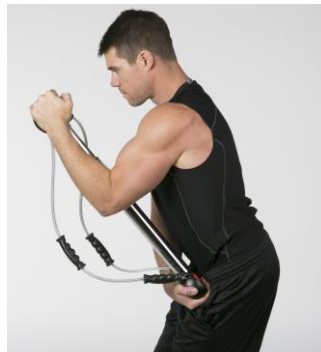
Cable Spread

At chest height spread your Bullworker cables apart.



Archer

Extend one arm with your Bullworker in the vertical position. Pull the cable with your opposite arm.



Lat Pull Down (Both Sides)

Ensure hand grip is placed securely on your upper thigh. In a straight motion pull down.



Upper Back Behind Head Compression

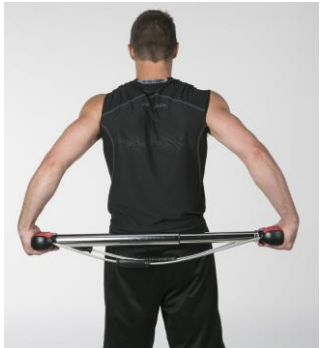
Hold Bullworker horizontal/parallel to the ground behind your head and compress.

Day 2 (Back)



Seated Deadlift

Place your feet on your bottom cables. Grab the opposite cables and extend with a straight back.



Behind Back Compression

Hold your Bullworker parallel to the ground behind your back at waist height and compress.



Back Rows (Seated)

Place your feet securely in your Bullworker cable. Grab the opposite cable and row towards your chest (use Iso-Bow or Iso-Core for extension).

Day 3 (Legs)



Dead Lift

Step securely on your bottom cable. Bending at your legs pull up keeping your back straight. (Use Iso-Bow for extension).



Lunges

Step one foot securely on your bottom cable. Step other foot back bending your front leg to 90 degrees (ensure your knee does not hover past your toes) and stand back up. (Use Iso-Bow for extension).



One Leg Press w/ Calf Extension (Both Sides)

Place your foot securely on your Bullworker Cable. Hold opposite cable with your hands and extend your leg. Extend your toe once leg is extended. Ensure foot stays securely on cable.



Hip Abductions

Place your Bullworker Cables on the outside of your knees and spread.

Day 3 (Legs)



Hip Adductions

Place your handles in between your knees and compress.

Day 4 (Biceps, Triceps & Shoulders)



Upright Row

Securely place your foot on your bottom cable. Grab the top cable with both hands. Keep your back straight and row towards your shoulders. Use your Iso-Bow or Iso-Core/Bow Extensions for added range of motion



Cable Spread (Overhead)

Grip your Bullworker cables and hold overhead. Spread the cables.



Deltoid Cable Spread (Lower)

Grip your Bullworker cable with your top hand palm down at or below waist height. Spread the cable using your top arm.



Deltoid Cable Spread

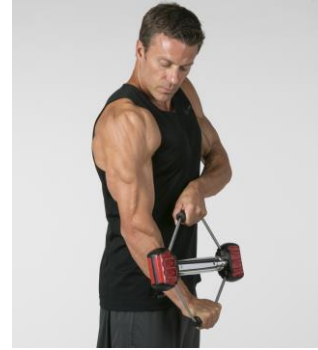
Grip your Bullworker cable with your top hand palm down. Spread the cable using your top arm.

Day 4 (Biceps, Triceps & Shoulders)



Biceps Curl w/ Iso-Motion

Hold your Bullworker at both ends with your bottom palm facing up. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)



Triceps Push Down

Grab your Bullworker with your bottom hand palm down on the cable with your elbow bent at 90 degrees. Extend your arm only bending at the elbow of your bottom arm. (little to no shoulder movement)



Hammer Curl

Hold your Bullworker vertically with your top hand on the handle and bottom hand just above the handle on the tube. Extend and contract your bottom arm only bending at your elbow (little to no shoulder movement)



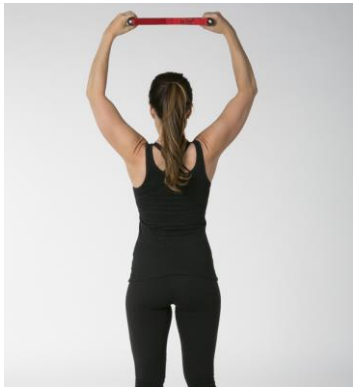
Triceps Cable Push Down

Place your Bullworker in a vertical position securely on your non-slip pad. Grab both cables towards the top handle and extend your arms down only bending at your elbow.

Stretching Appendix

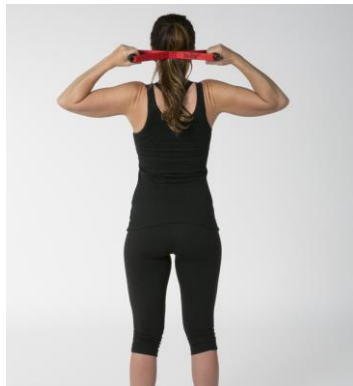
Experience deeper more effective stretches with added length to make difficult stretches easier.
Hold each stretch for 10 - 30 seconds.

Back & Shoulders



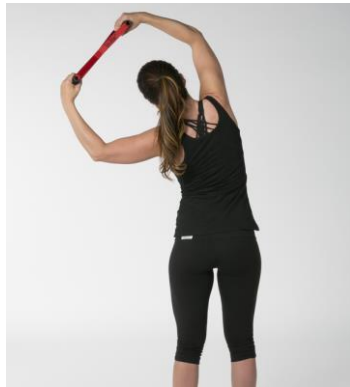
Overhead Reach (Shoulders, Lats)

Hold your Iso-Bow parallel to the ground and stretch your arms to the sky (extend fully)



Behind Head (Shoulders, Traps)

Hold your Iso-Bow parallel to the ground and lower your arms/hands behind your head as far as you can go



Overhead Left Side Reach (Lats, Shoulders, Obliques)

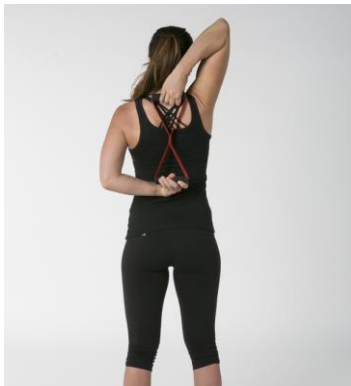
Keep your hands above your head, lean and reach to your left. Pull with your left hand lengthening your right side



Overhead Right Side Reach (Lats, Shoulders, Obliques)

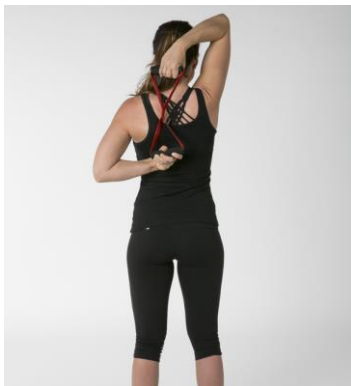
Keep your hands above your head, lean and reach to your right. Pull with your right hand lengthening your left side

Back & Shoulders



Over/Under Behind Back Pull Down (Shoulders, Triceps)

Hold your Iso-Bow behind your head (palm down) reach under arm behind back (palm up). Pull down and point your elbow to the sky. Alternate sides.



Over/Under Behind Back Pull Up (Shoulders, Biceps Tendon)

Hold your Iso-Bow behind your head (palm down) reach under arm behind back (palm up). Pull up and point your elbow to the sky. Alternate sides.



Underhand Forearm (Wrist, Forearm, Fingers)

Place Iso-Bow towards the top of your fingers and pull back (fingers pointing down). Alternate sides.



Overhand Forearm (Wrist, Forearm, Fingers)

Place Iso-Bow towards the top of fingers and pull back (fingers pointing up). Alternate sides.

Lower Body



Seated Hamstring (Hamstring, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Keep your back as straight as you can and pull/lean towards your foot. Alternate sides.



Lying Hamstring (Hamstring, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Lie back as straight as you can and pull your foot towards your head (slight bend in knee). Alternate sides.



Lying Single Leg Split (Hamstring, Groin, Hips, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Keep back and shoulders flat on the ground, pull foot to the side. Try to touch ground then pull foot towards your head (slight bend in knee). Alternate sides.



Lying Cross Body Leg Split (Hamstring, IT Band, Hips, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Keep back and shoulders flat on the ground and pull foot across body. Try to touch ground then pull your foot towards head (slight bend in knee). Alternate sides.

Lower Body



Lunging Quadriceps (Quadriceps, Hip Flexor)

Kneel, ensure your knee does not go past your toes. Place Iso-Bow securely over foot and pull towards your butt, press hips forward. Alternate sides.



Standing Quadriceps (Quadriceps, Hip Flexor)

Balancing on one leg, place Iso-Bow securely over opposite foot and pull towards your butt. Alternate sides.



Standing Quadriceps Lean (Quadriceps, Hip Flexor, Shoulder)

Balancing on one leg, place Iso-Bow securely over opposite foot and pull towards your butt. Lean forward as far as you can keeping your back straight. Alternate sides.



Crescent Moon (Shoulders, Quadriceps, Hip Flexor, Hamstring)

Lunge (ensure knee does not go past toes) raise your arms over head extending for the sky. Keep back straight as possible (minimal curve). Alternate legs.

Lower Body



Standing Single Leg Split (Hamstring, Groin, Hips, Calf, Lower Back)

Balancing on one leg, place Iso-Bow securely on ball of opposite foot. Raise your leg up (knee slightly bent). Alternate sides.



Side Plank Single Leg Split (Hamstring, Groin, Hips, Calf, Lower Back, Core)

Balancing on one leg and arm keep your hips up engaging your core. Place Iso-Bow on your ball of your foot and pull leg towards your head (knee slightly bent). Alternate sides.